



#### **FEATURES**



Mabel Rajala	• 1	9
Margaret Rilling		
D (1 17 11		

A Call to Servant Leadership

Marlene Wilson ......

Midwife Natalie, Wise Old Tomas
Patricia Krause

Sharing Wisdom Tina B. Krause, Oscar H. Kraft .

Global Sisterhood Kathy J. Magnus ......

Waiting under the Tree Monika Lidman

......

### DEPARTMENTS

Letters			٠	٠
Contribu	ıto	01	.5	;
Rible St	110	1.	70	

Shortakes .....

Selfcare: Osteoporosis .....

Foremothers of Faith: Anna S. Kugler .....

Women of the ELCA:

Scholarships, Grants, Mission Area Reports .....

Meditation: The Beatitudes .....

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## LETTERS

to Letter

s ironic that the July issue usivity carried a letter that If as being on the exclusive

writer reported that

h her women's group gave ubscriptions to all new they preferred to give their to World Hunger rather ve LWT subscriptions to n whose minds only function ally in their later years, dual women . . . or the others who not accept it in the spirit in it was given." esponse is not intended in y to minimize the need to nerously to World Hunger. l old Lutheran tradition we both body and spirit. 't know what is meant by ears" but to this 73-year-old our magazine is wonderfully ing. And although I cannot for dual career women, I e they are in no less need of ath of fresh air LWT offers. uld think anyone in her right vould appreciate a gift ption to Lutheran Woman

posted [the July cover] next daily calendar to remind me oneness in the Lord. grant us all we need to be [to be inclusive] beyond

-how lucky can you get?

Olive Spannaus (LCMS)

Seattle, Washington

our immediate neighborhood and church.

A. Marella Smith Onalaska, Wisconsin

The July issue was tremendously meaningful to me personally.

Having spent most of my life in small communities where there was practically no interaction with folks of other cultures, it has taken a great deal of "growing" to accept people of races other than my own, even though we know it's what our Lord wants of us. The articles chosen were very helpful.

"The Wounded Deer" was a glimmer of hope to my daughter and me in our efforts to help her chemically dependent daughter. Thank you so much.

Edna Shimerda Omaha, Nebraska

It was humorous and somewhat embarrassing to read about "inclusivity" in a magazine titled Lutheran *Woman* Today! It will take more than [this] for Christian leaders to live inclusively when so many functions within the church are labeled for men or women only.

Cynthia Johnson Cardington, Ohio

### Correction

In the September Lutheran Woman Today article "The Lutheran Education Connection," three names were misspelled: students Bobby Padilla and Eduardo Benitez, and teacher Preston Meyer. LWT regrets the errors.

ER 1989

### CONTRIBUTORS

The writer of "Global Sisterhood," **Kathy Magnus** is assistant to the bishop of the Rocky Mountain Synod. Magnus also serves on the executive committee of the ELCA church council. She is married and the mother of two teenagers.

Marlene Wilson ("A Call to Servant Leadership") is chair of the ELCA Division for Ministry churchwide board. Wilson, a consultant, trainer, speaker and author, has written three books: How to Mobilize Church Volunteers, The Effective Management of Volunteer Programs, and Survival Skills for Managers.

Patricia Krause ("Midwife Natalie, Wise Old Tomas") is the national coordinator for the Behrhorst Clinic Foundation, which supports a health and development program in highland Guatemala, in Central America. From Norwalk, Connecticut, Krause is a member of the board of education there and a teacher of English as a Second Language.

Tina Krause and the Rev. Oscar
Kraft each offer insights to the decisionmaking and group process called
"Sharing Wisdom." Krause, a certified
associate in ministry, is a resource
specialist for the ELCA Division for
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ministry development in DCL. Krause
comes to the Lutheran Center in Chicago
from serving congregations in the Pacific
Northwest; Kraft from parish ministry in
the United States and Cairo, Egypt.







### Editor's Notes

ye you been *empowered?* By n? What has empowerment

t to you?"

began a small announcement May 1989 LWT. In its call for es LWT requested short essays readers "which pay tribute to apowering person in your life explain how that person has

d empower you."

by women responded with trib-Their essays grapple with the of empowerment and what it is in a life of faith. They acledge God as the source of all owerment. They eloquently of praise and gratitude for emped everyday saints who in turn to others.

or of the essays received are ed on the following pages. But so want to briefly share with time of the faith-filled thoughts

in other tributes.

omes as no great surprise that, roup, mothers and grandmothere the focus of the most trib-Lucy Radatz from Kensington, esota, wrote of her "Grandma": "Rose would not be viewed as powerful. She was empowerimply by her being we were en... In [her] love we found our both lovely and loveable."

hope to continue my grander's legacy of leadership," writes la Hardie Jensen (Duredin, la). "Her work has served as a nodel empowering me to move arger challenges of service and

ship."

rtle Wilson, age 93, of Crooks-Minnesota, paid tribute to her er, who died at the age of 97. "I am thankful for the example of my mother's God-given faith. Her fortitude in times of stress, her joy in times of simple pleasure, her belief in God's concern for all of his children became an inspiration to me." "My mother is the best translation of the Bible I know," comments Rachel Haverlah (Round Rock, Texas).

Others, like Margaret Bark (Menomonie, Wisconsin) spoke of her extended family, of generations sharing an empowering legacy ... where "there is lots of forgiving and accept-

ing of one another. . . . "

Equally as interesting and powerful were those tributes offered to women friends—especially neighbors. Kathryn Kvinge (Minneapolis, Minnesota) writes of the empowerment of neighbors, saying, "We often talk about the wonder of what we did for each other."

Debbie Silverberg (Sacramento, California) writes of her friend "Sassy," who showed her "with God's love

anything is possible."

"My best friend is sent to me from God," writes Angela Fowler (Springfield, Ohio) of the young woman with whom she's experiencing college life.

Nancy Knochel of Prescott, Arizona, wrote that when her mother was ill, her women's circle became an empowering community for her. Before she left a meeting "the women encircled me and prayed for my mother's healing . . . I felt the presence of the Holy Spirit working in the group."

Others wrote of the pastors, pastors' wives, women's leaders and faithful church people who empow-

ered them through their welcome, affirmation and encouragement.

Alice Heil (Columbus, Ohio) writes of Neva Korn, who was an American Lutheran Church Women's district president: "Neva was always there for me-reassuring me, assisting me, and always praying for me."

"Without their affirmation," confesses Shirley Mickelson (Mount Vernon, South Dakota) of Pastor and Mrs. O. M. Knudson, "I'm sure none of the joy of service would have been

mine.

Women of the ELCA churchwide board member Nancy Mitchell received a tribute from Nancy Soeken (Great Bend, Kansas). Soeken writes: "She has helped . . . she has encouraged ... she has shared her faith."

The empowerment that comes from the faith and witness of others echoes throughout almost every tribute. Cynthia Cowen (Escanaba, Michigan) writes of a friend turned sister-in-faith: "Her example has enabled me to empower others.",

When Linda Parks's (Columbus, Ohio) grandmother died, she was asked if there was something of hers she might like. "I answered her faith,' but little did I realize then [that] she had already passed it on

to me."

About her neighbor, Marjorie Stokes (Grove City, Minnesota) comments: "Though she never preached, never reproached, never asked, 'Are you saved?', and mentioned her faith only in passing . . . it was clear that her daily zest for life came from living with her Maker."

Empowerment comes from individuals in the community as well as people in the church, family and neighborhood. Ann Paull (Manchester, Pennsylvania) was a frail child,

and pays tribute to her empowering first-grade teacher who, through h actions, said "Come, I want you to You are up to the task."

A woman in therapy who is wor ing through problems with co-d pendency speaks of an empoweri counselor. "Applying Christian pri ciples," she writes, "my counsel showed me that all I needed to over come my obstacles was healthy se esteem and faith in Christ's pro ise."

The empowering, ordinary peop God gives us in our lives receiv Janis McRae's (Dutton, Montar tribute: "When I think about he since birth, I have been surround by people who live ordinary lives faith, I realize that this is nothing take for granted.... Quietly, b constantly, Christ sprinkles my wa of faith with the nourishment I ne through my everyday experier es. . . . My tribute is to each and e ry one of God's children, ordinary not, even including me."

Reading and editing the essays h been an enlightening, empowering experience. The tributes are pray of praise and thanksgiving for the and witness of the faithful. As come closer to God through the powering believers in our midst, n others see God's hand in our lives

The four essays that follow are fered with praise and thanksgiv for the empowering faith, life witness of Mabel Rajala, Marga Rilling, Ruth Kuhlmann, and H egard Emilie Kamiske.

Sue Edison-Sui



# Mabel Rajala: Empowered to Love

### Nancy Lee

The sign along the highway as we entered the small town that hot July day read, "Bigfork, Minnesota, the last frontier!" Tucked in the bend of the Bigfork River, surrounded by tall whispering pines, the town seemed to belong to the frontier days of years ago. My husband had accepted a call to Bigfork and Effie Lutheran churches (the town of Effie was seven miles north).

"How big is Bigfork?" asked a pastor's wife in Minneapolis as we packed to move from the seminary.

"It's about 500 people," answered my husband, Gib.

"Is that baptized or confirmed?" she inquired. We laughed at her expression when we assured her that the number referred to the whole community, not just our church!

Mabel Rajala came into my life that first week we were in town, and her life was to have a great impact upon mine in many ways. First there were the phone calls to see if we needed anything. The calls were brief and to the point: Gib would be left with the receiver buzzing in his hand, his mouth open, for Mabel would speak her piece and promptly hang up without saying good-bye. She had said what she had called to say and could see no reason for taking unnecessary time on the phone when there were so many other things to be done.

Tales of almost legendary proportions were told to us of Mabel's trips into the surrounding woods to help the individuals and families living there who needed food, clothes, friendship, toys, caring. Mabel went about her mission of empowering people quietly, by herself, with no

fanfare.

BER 1989 5

As grateful people told stories of her caring, those listening would nod their heads knowingly and say, "Yes, I know. She came to our house once when. . . ." Little did I realize that soon I would learn of her caring ministry first-hand.

The day after Mother's Day in 1964, the membership of Bigfork Lutheran Church increased by two. I gave birth to twins in the back bedroom of the parsonage while my husband stood by in absolute shock. Two beautiful healthy babies arriving five weeks early! The entire community celebrated with us, and Mabel swung into action.

As I nursed the babies and cared for our three other children, my strength seemed to ebb out in all directions. Mabel understood. She had, at one time, lived with her five children in a cabin in the woods, caught water in a rain barrel, cooked on a wood stove, washed in a tub. Life had not been easy for her, and as she told me later, "God willing, I'm going to see to it that you don't come close to a breakdown like I almost did."

While rocking one of the babies to sleep one morning, I heard strange noises in the basement. When I investigated, I found Mabel on her hands and knees scrubbing the back entry and the basement. "Go sit down," she ordered. "I'll take care of this." And she did—the kitchen, too. As we stood in the kitchen later to say good-bye, she cast her eye on my curtains and noted, "Your curtains are dirty!" Down they came and out they went over Mabel's arm, only to reappear washed, starched, pressed, and hung again at my windows, just in time for the company coming for the twins' baptism the next day.

As the months passed and the babies grew, she would call at least once a week to say, "I'm coming over. Get ready to go out." I would start to protest, but the phone was already buzzing in my hand and I knew Mabel was on her

way.

She would arrive at my door with a large bowl full of bread dough in her arms. This she would set on the middle of the kitchen table and the kids would punch and poke to their hearts' content. From all this attention the bread would later bake into loaves a foot high.

I would be banished from the house to walk about the streets of Bigfork. Sometimes I would stop for a cup of coffee with another friend along the way. My body, mind, and spirit would be refreshed when I returned home.

Once, over a cup of coffee as my children played about our feet, Mabel talked about her five children and their growing and leaving the nest. Someone had recently commented to her that it must feel good to be done with all the responsibility of rearing children, and that now she could relax. To this Mabel replied, "Nope! I still have to pray for them!" And she did.

Mabel empowered by her caring. She never waited to be asked; she never let the protests of her intended recipients deter her from the tasks the Lord had placed upon

her heart.

Mabel Rajala, empowered to love by Jesus, by her example empowered me to love in Jesus' name. "No one has ever seen God, but if we love one another, God lives in union with us, and his love is made perfect in us" (1 John 4:12, TEV).

Nancy Lee is a homemaker, artist, speaker and mother of six. She and her husband (an ELCA pastor) live in Glenwood, Minnesota.



# Margaret Rilling: The Witness in the Library

Dorothy Isdahl

Our church has a wonderful library and the woman I want to pay tribute to is the head of the library, Margaret

Rilling.

Margaret had lost her husband, Jim, in 1981. In spite of her own troubles, her quiet strength enabled her to continue in her ministry to others. Members of the congregation come to her for information and answers to their questions. She is so knowledgeable she can go right to a book (and we have 5000) and say, "Maybe this is what you're looking for, to give you some answers."

OBER 1989

About the same time I was wrestling and struggling with some questions: Who is this God in whom I place my faith? Is life worthwhile or are we just survivors? Does God speak to me? Can I know his will for me?

Gradually I began asking Margaret many questions about life, theology, coping, and more. Over the years she introduced me to Dietrich Bonhoeffer, C. S. Lewis, J. B. Phillips, Winfred Rhoades, Alvin Rogness, Conrad Hyers and many more. She has helped me get hooked on using Bible concordances, dictionaries and commentaries.

Margaret shares her faith openly with me, but never force-feeds me dogma. She doesn't answer my questions before I ask them. She gives me room to search as God's Holy Spirit leads me. She always has time to share in my



# IN YOUR LIGHT I GREW Honoring Persons

Honoring Persons of Faith

In a letter accompanying the tribute she submitted to LWT, Debbie Silverberg wrote: "Thank you for making this opportunity available to the women of the ELCA. There are people who leave a lasting impression on our lives. It means so much to be able to acknowledge these people."

The many essays LWT received in response to the call for tributes is a testimony to the gratitude we feel toward those who have influenced our faith journeys. The affirmation inherent in being

thankful and being that is a powerful means to port and encourage each er in the body of Christ.

In Your Light I Grew: I oring Persons of Faith is spectful and joyful reso produced by the Wome the ELCA. This program lows church groups to 1) praise and thanksgiving the saints in their midst in their histories and 2) port the Women of the EI

In Your Light I Grew of a celebration litany, do which the names of the ored are read aloud and/o

joy of new discoveries.

Part of her ministry to me has been her encouragement to take risks to follow where God leads me. When I say, "I

can't," she says, "Why can't you?"

These aren't world-shaking events. It is just the stuff of everyday living, but each day is a new day of excitement as God's child. I don't see life as happening randomly, but rather that God is in the common things; that living with an awareness of God and how he wants us to respond to the gift of life brings a joy and peace beyond understanding.

Dorothy Isdahl of Mankato, Minnesota, is the mother of three and the grandmother of three. She and her husband enjoy traveling and restoring antiques.

tten on paper ornaments e placed on a potted tree ranch limb. An offering is en in thanksgiving for se remembered to help port the churchwide efs of Women of the ELCA. lifty LWT readers paid oute to a faith-filled, emvering person (or persons) their lives by submitting ays to the magazine. In apciation for these spirit-led ays, Lutheran Woman Tois pleased to make a \$250 ation to the In Your Light rew Women of the ELCA d—in the names of those ognized in the tributes. y God continue to bless keep all those who offer, d receive, praise and nks.

in Your Light I Grew projkits were distributed in January 1989 Women of ELCA resource packet. The project kits include the celebration service, two sample ornaments, two sample post cards for notifying those honored, suggestions for use, and an order form (for ordering additional ornaments and post cards).

To obtain another project kit (one per congregation, while supply lasts) write to: In Your Light I Grew Project Kit, Resource Information Services, 8765 West Higgins Road, Chicago, IL 60631.





# Ruth Kuhlmann: She Empowered Me to Lead

Stella Borgmann

One day in September 1961 I attended a meeting of our local American Lutheran Church Women in order to "defend" myself. The nominating committee was having trouble getting names for the ballot, and had contacted me about placing my name on the slate for president. Even though I had said no, I had this feeling that I might still be nominated from the floor. So I attended the meeting just in case.

I hadn't been very active in ALC Women. I had three children—twins and a third child born very close together. We were surviving on a very limited income—in our first three years we did not even have electricity—so we were doing without modern conveniences. There just was not time for extra activities in my life. My twins had just begun school a few weeks prior to that September day in 1961.

At the meeting several women were nominated for president from the floor, and each one refused to accept the nomination. Then I was nominated. I was so embarrassed that the pastor attending the meeting should hear all of those excuses that I did not have the nerve to say no, and

ended up being elected. How helpless I felt!

The vice president was a woman about 20 years older than I, Ruth Kuhlmann. She was quite active in all phases of the church and definitely knew the ins and outs of being an officer. She took me by the hand and very lovingly led me through that year. She made it such a pleasant experience that I ended up serving five terms as president, from the start of that term in January of 1962 through the last days of ALC Women and the transition in 1988

to Women of the Evangelical Lutheran Church in America.

Upon finishing my last term of office, I wrote a thankyou piece for our church newsletter. As I wrote, I realized

I also owed Ruth a proper thank-you.

Ruth had been living in Florida for several years. I knew she had cancer, but I didn't realize how advanced it had become. She lived only another three months after receiving my thank-you letter.

A few weeks after her funeral in Florida, I received a letter from her husband, Walt. In that letter he told me how much that "thank-you" had meant to Ruth, so much, in fact, that it was read at her funeral.

My hope is that I can be as much of an influence to someone as Ruth was to me. And for all the others who influence my life, I will remember to say thank you.

Stella Borgmann served as an American Lutheran Church Women president from 1962 to 1988. A mother of three with four granddaughters, Borgmann and her husband farm in Athol, Kansas.



# Hildegarde Emilie Kamiske: The Godmother Who Came Forward

Joan Regal

Hildegarde Emilie Kamiske is my godmother: she stood at the baptismal font and made promises to God about my spiritual well-being. She is also my "spiritual mother" because of what I have seen and learned of God through her.

Forty-six years ago, in a theater that served as a Lu-

BER 1989 11

theran church on Sundays, Hildegarde stepped forward to offer her presence, to be my "God" mother. She didn't

know my mother, she didn't know me.

My mother was alone in Lansing, Michigan. It was wartime, and my father was stationed in Texas. Hildegarde Kamiske, believing that God is shown through God's people, came forward. Hildegarde Kamiske didn't think my mother should be alone. What did it mean that day to step forward? What has it meant to me all my life to know her loving presence?

Hildegarde Kamiske, unmarried and a clerical worker, was in her 40s at the time of my baptism. I have seen her in person five times in 46 years, yet she is more real in my life than some people I see daily. She remembered me on every birthday. Every Christmas there was a gift. The gifts were small. I remember a dollar bill in a card. I can't really remember other gifts. What I do remember is being thought of and cared for by someone far away in another state. I remember being thought of and cared for by someone who was not family. I remember being thought of and cared for by someone who loved me for all I am and even in spite of what I am not.

What a demonstration of love—of God's love. God communicates through people. I have learned about a love that isn't dependent on what I do—it simply depends on my being. It is a love that comes unbidden. It doesn't depend on being in the physical presence of someone, on being seen or heard. Yet there is never a doubt of its consistency. There is never a doubt of its grace.

I have been empowered by God's love, God's grace—through Hildegarde Emilie Kamiske. She became 91 years old in August. I have not had a letter or a card from her in well over a year. My mother was able to talk to someone about Hildegarde when she visited Michigan a summer ago. Hildegarde, still in her home with her brother, is failing. She isn't able to write, to crochet, to talk on the phone, to even want a visit.

Now, I send cards, write letters that I know won't be answered, send pictures I'm not sure she's able to see. Now, I am God-present—each card, each note my gift of love and of caring. I am empowered to love, to care for Hildegarde. I am empowered to love, to care for others. I am empowered to come forward so that others may see God through me. ■

Joan Regal is president of the St. Paul-area synodical women's organization. A "professional volunteer," Regal is the mother of four and the stepmother of three.

l Call o Servant Leadership

arlene Wilson

never thought I could get excited bout a formal document like a postitution.

nstitutions have always seemed hierarchical and unappealing to grass-roots nature. But, I must mit, I am deeply moved and inred by many of the statements in r new Evangelical Lutheran urch in America and Women of ELCA documents. For example: This church affirms the universal esthood of all its baptized mems" (ELCA Constitution, p. 48).

Leaders in this church should nonstrate that they are servants their words, life-style, and manof leadership" (ELCA Constitu-

n, p. 24).

And the constitutional principles he Women of the ELCA reinforce se concepts by declaring that peowill be involved in decisions afing them (Section 7) and leaders lenable others, support them and power them (Section 8). [See outback cover for full text.—ED.]

hese are stirring, bold declaraus which clearly lay the business what this new church is and will at the feet of every one of us who call ourselves ELCA members!

These strong theological statements are grounded in basic Lutheran concepts such as "the priesthood of all believers" and the "whole body of Christ." Still, declaring these intentions is easier than carrying them out in the practical, everyday life of the church.

Let me share some of the major challenges I see before us as we attempt to "make real our ideals" in the areas of leadership and decision-making. These include vision; leadership style; participative decision making; giving of time, talents and money; and creative optimism for the future.

### **Vision**

"Where there is no vision, the people perish" (Proverbs 29:18, King James Version). In almost all the most recent books on leadership and management, four key words appear repeatedly: vision, empowerment, integrity, and service. These are the

NOBER 1989 13

traits that people long for in their

leaders today.

What does *vision* mean? One author defines it as "a target that beckons." Another says it's "a preferred future." Basically, a leader with vision is able to see beyond *how it is now* to *how it might be in the future* and is able to share that vision in a way that inspires, motivates and excites people to work toward that preferred future. Mission motivates. A leader whose eye is on the future and not the status quo moves the group forward.

## Leadership Style

I believe the church as a whole must learn and model an entirely new style of leadership. At all levels, *leading* has too often been *doing* (as opposed to involving and empowering others), and this has put both decision making and carrying out the ministries of the church in the hands of a few.

This ministry of a handful is directly opposite to the priesthood of all believers. Leadership success has too often been measured by how many hours a person has put into a job, rather than how many others they have involved. Our new constitutional mandate asks us to realize that doing is not leading!

The church is calling for servant leadership. The goal of this kind of leadership is not just getting a job done—but involving the people affected by decisions in making those decisions. It also means investing time and energy in helping members in the group discover their God-giver gifts and talents so they can use them in ministry.

Author Robert Greenleaf offer this test for servant leadership: de those being served grow personally are they empowered, or do they be come more dependent? And as Rich ard Foster observed in his book *Celebration of Discipline*, "When Jesu stooped to wash the feet of his disciples, he redefined greatness!"

# Participative Decision Making

Involving members of any committee or organization in the decision about what will be done for the year and how it will be done, is time-consuming. It seems so much quicker and easier for the officers or chair persons to "just decide" and then to the others what to do. This style is used extensively in many church es—and it may just help explain whethere are so few willing volunteers carry out programs! A basic motivational principle is this: people become committed to carry out goals the help set.

The time invested in bringing per ple together during planning is saved many times over by getting more members involved in carrying out those plans. It is also the key in



At all levels, *leading* has too often been doing, as opposed to involving and empowering others.

# Our church—in fact, most churches—has not paid nearly enough attention to the direct link between volunteering and giving.



ring the growing problem of nout" in leadership. Instead of rpersons being the committee, r lead a group who is the com-

the other amazing thing about up decision making is that a up can almost always solve a blem, or develop a plan, more creely than any single individual, no ter how good that person is. It's ed "group wisdom" and it's wondul. [See related article on "Shar-Wisdom," page 27.—ED.]

first became truly convinced of value of participative decision ting in a creative writing course ok. Every week our instructor ld give us the beginning of a stond then he would have each of inish the story in our own way. It was amazed, because 30 adults in the class almost alse wrote 30 completely different angs. This experience made me ize that not everyone thought a Norwegian Lutheran from tana!

ow rich and varied our backnds, experiences and ideas are, how vital it is to tap that diveras we plan for the future of the A and Women of the ELCA.

is also important to note that y boomers" highly value partitive decision making. One way he ELCA to be more effective in reaching and involving this important generation might be to incorporate these leadership styles in church planning.

# Giving of Time and Talents and Giving Money

"Income to support churchwide activities of the Evangelical Lutheran Church in America in 1988 fell \$15.8 million short of covering expenditures, said ELCA treasurer George Aker" (*The Lutheran*, May 3, 1989).

That is a shocking statement! How can we be a church of vision—a church that is growing and reaching out to a nation and world in desperate need—when people have evidently assumed a "wait and see" attitude about their giving and supporting of the new church.

I suggest that our church (in fact, most churches) has not paid nearly enough attention to the direct link between volunteering and giving.

In an important 1988 Gallup Poll study entitled "Giving and Volunteering in the United States," it was discovered that volunteers contribute an average of 2.4 percent of their annual income to charity, while non-

DBER 1989 15

volunteers contribute only 1.3 percent. In other words, volunteers contribute almost twice as much of their income to charity as nonvolunteers. And, the study found that people tend to give their money where they volunteer their time. Therefore, one important means of increasing benevolence is to increase volunteer participation.

It is time that we Lutherans pay as much attention to people's pledges on their time and talent sheets as we do to their financial pledges. We can no longer systematically ask people what they are willing to share in the way of gifts and talents, then ignore them and keep asking the same small handful to do everything. It not only violates our theology—it clearly affects the giving of dollars as well. The future of our church is at stake!

# Creative Optimism for the Future

I am one of those mothers who loved the "terrible twos" stage in our children. The traits that describe them best are creative, imaginative, energetic, curious, persistent, playful and willing to risk.

I believe we are now living through the "terrible twos" of our new church—and I would love to hear people describe us in those very same terms. It is vital that we recognize and encourage the energy, excitement and creativity of our new church. We need the buoyancy of optimism to help us translate the ideals of our constitutions into the reality of our faith lives together.

"The seed is a tiny, wrinkled, ugly thing, and anyone who doesn't know better might think that it's useless. And it's the same with the word of God, it seems to me, when the persor that receives it doesn't know what it contains."

That's Donald's interpretation "The Parable of the Sower." Dona is a farmer, a *campesino*, living Nicaragua.

His thoughts, along with the flections of other members of a caraguan Christian community, lentiname, are captured in t attractive book, The Gospel in Art the Peasants of Solentiname. It o tains 31 reproductions of painting rendered by the peasants based gospel stories, along with their o ments on the stories. There are flections by Old Tomas, "who can read, but always talks with wisdo by Natalie, midwife for most of children of Solentiname; by Glo Esperanza, Oscar, Rebecca, you Julio, and others.

The Gospel in Art by the Peasants of Solentiname edited by Philip and Sally Scharper (Orbis Books, 1984, \$14.95).

# Midwife Natalie, Nise Old Tomas, and Other Peasants

### Patricia Krause

Nicaraguan priest Ernesto Carnal nurtured the Christian comunity of Solentiname beginning in 36. Father Cardenal employed a reshing technique for spiritual bowth: he turned his sermons into oup dialogs.

These dialogs, translated to Ensh, serve as a simple and profound

nmentary on the gosmessage. For examabout "The Parable of Sower," Olivia coments: "I think that has spoke of the seed cause he was talking to campesinos.... He stalking about seeds birds that eat the

And this is your sign: you will find a baby ying wrapped in swaddling clothes, in a manger.
Luke 2:12

grains and plants that die of oversoaking and of swamps, because that's our language."

The words of the peasants are good. The pictures are even better. The sower, in straw hat, light shirt and blue jeans, casts his seed on his plot of land. You see the rocks. You see the familiar thorny places. You



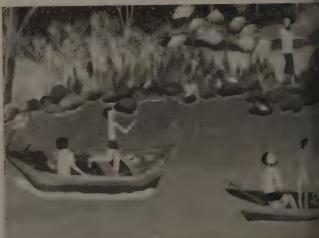
OBER 1989 1

also see a selection of birds pecking away at the miscast seeds. But look at the flowering tropical trees around the farmer's plot! And count the toucans and parrots perched in the trees! The longer you spend with the primitive painting, the more details of Central American peasant life become apparent.

The "Flight into Egypt" of Mary, Joseph and baby Jesus is a gospel story a community of refugees and oppressed people can relate to. With a few possessions in a small bag, stoned streets into the town square. The Last Supper is celebrated in a splendid bamboo building. And, a you might imagine, it is rifle-totin military police who participate in the capture of Jesus in the garden.

The resurrected Christ is picture walking through a tropical garder cemetery, in which simple white crosses stand amid lush, colorful vegetation. "The important thing is that he's alive wherever there's community," comments William. And Oliviadds, "The news is not only about him."

And he said to them, "Come follow me, and I will make you fishers of men."



some bananas for sustenance, and accompanied by their skinny dog, the holy family is pictured as they steal away to safety.

Fernando (a Jesuit priest) comments: "We can imagine what this means: leaving at night, hiding, with great fear, leaving everything behind, and having to reach the border because they are being pursued."

We see Jesus preaching in the Nicaraguan countryside. He eats and celebrates the Wedding of Cana on the tiled patio of one of the nicer homes in the village. The entry into Jerusalem is a parade on cobble-

resurrection but about ours."

[To read a complete excerpt from the book, see the meditation on pay 47 in this issue. The front cover show a portion of Solentiname artist Marina Silva's depiction of Matthe 5:1-12 (the Beatitudes).—ED.]

Now the questions: Does this bormatter to me? To us? As the Chritians of Solentiname asked of Scriture, "What does this mean to us We might make the same inqui about this book.

I've not been to Nicaragua, but I' been to nearby Guatemala ma times. Perhaps that's part of why I



Jesus took
bread, blessed
it, broke and
gave it to
them, and
said, "Take,
this is my
body."
Mark 14:22

n to the words and paintings of book. Just weeks ago, some othomen from the United States I walked the dirt roads of high-Guatemalan villages. We saw marketplaces, trekked through ers' fields, sat in schoolrooms on the patios of humble homes. one hand, our lives couldn't be different from the lives of the ants of Solentiname, Nicaragua, dians of highland Guatemala. n typing this article on my word essor. A Central American peaswoman most probably can only her name. As I finish a few e paragraphs, my automatic er is going through its ordered s. Laundry for a peasant womeans carrying bundles of soiled es on her head, scrubbing it at er or a large community pila, or r tank, and spreading it out to

I get stuck on a sentence or two write, I take a break and fill a with ice and a cold drink. For ral peasant woman, even the r that made my ice cubes is a ry she might never know. Most ges do not have safe sources of ing water.

k me to balance a jug of water

on my head or shape and slap corn meal into smooth, round tortillas, and it would be cause for a good laugh throughout the village.

And should I have to weave the fabrics that will clothe my family, all of my ability with word processors and automatic washers would render me useless—and leave us all very chilly.

So different are our lives! Different skills. Different demands. And very different views of what's important to know in order to survive. Different, yes. Yet, if the gospel has anything to say about this—and it does—we are one.

We have one Lord. One gospel. One hope. And we are one body of Christ. Many members, yet one body. We are joined together by faith and linked, mysteriously, magnificently and miraculously by one Spirit.

It does us good to listen to each other and to learn from each other of the Spirit's activities in each and every part of the body of Christ. We're all better off when we take the time to appreciate each other. The Gospel in Art by the Peasants of Solentiname makes that task enjoyable and spiritually enriching.

# BIBLE STUI

# The Light of the World

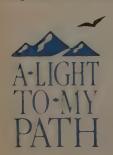
Study Text: John 9:1-41

Nancy and Craig Koester

The story of the man born blind is a story of healing. It tells how a man who was blind from birth received his sight. Jesus performed a miracle when homade this man see. But even more important, Jesus gave the *spiritual sigh* of faith to this person. Think of a time when you have received healing whether physical, spiritual or emotional. Briefly share this story with the group if you are comfortable doing so.

### **Bringing God's Works to Light**

Read John 9:1-7. This story deals with a man who had been blind from birth. In today's society people who are blind can and do lead productive and rewarding lives. In first-century Palestine, however, the blind were often on the margins of society. This man was forced to beg for a living (9:8), as were other blind people such as Bartimaeus (mentioned in Mark 10:46). When in this passage the disciples ask Jesus why the man was born blind, what possible explanations do they mention? What assumptions do the disciples make in their question (9:2)?



The way in which the disciples understood the connection between sin and a condition like blindness was not new. Look up the following passages and note how they relate to what the dis-

BLE STUDY

es say: Exodus 20:4-6 (which is part of the Ten Comdents); Deuteronomy 28:15-18, 28:28-29 (which is of a list of punishments for disobedience): and Job 4, where one of Job's "friends" tries to explain why children had been killed.

In John 9:3, Jesus rejects the notion that the man's liness was punishment for sin. Jesus does not try to ain what caused the blindness. Instead, he sees the liness as an opportunity for God's action. The discillooked to the past in asking about the cause of the liness, but Jesus looked to the future for how God it use the situation. In this story, how did the blind-become an opportunity for God's action?

Think of a time in your life when you or someone know wanted to ask, "Why did God let this happen?" might Jesus' words in 9:3 be assuring in such a tion? Were there ways in which difficult circumces became an opportunity for God's action? Are also times when it might be inappropriate to speak hard situation as God's opportunity?



Read 9:4-5 again.

In this passage Jesus refers to the period of his earthly ministry as "day." As his public ministry drew to a close, he said, "The light is with you for a little longer" (12:35). Then, just when Judas left the Last Supper to betray Jesus, the gospel says "it was night" (13:30). Jesus knew that he had a certain period of time on earth and would continue to work "as long as" he was in the world (9:5).

Jesus indicated that his followers also would have opportunities to do the works of God. He said, "we must work the works of him who sent me while it is day" (9:4). After his resurrection, he said again, "As the Father has sent me, even so I send you" (20:21), suggesting that his followers would continue the work he began on earth.

DBER 1989 · 21

In what ways do Christians today continue Jesus' work? What specific kinds of activities might be involved? Think of activities that take place within your congregation, vocation and other settings.



Sometimes one hears that a person must have faith before he or she can be healed. The problem is that people of faith of not always recover from serious illness or injury. At such time a person may feel guilty or inadequate for not having "enough faith." This is not consistent with the biblical understanding of faith and healing which relates the two in different way throughout the New Testament. Sometimes a person believe before he or she is healed; at other times only after the healing takes place (see Matthew 9:22; John 4:53). Some passage focus on the faith of the person who actually is healed; other deal more with the faith of the person's friends or family ment bers (see Matthew 8:10; John 4:49-50). In John 5:1-16 Jest even heals a man who showed no sign of faith before he was healed and who reported Jesus to the authorities after healing

Who initiated the healing of the blind man in John 9? How much faith did the man have before he was healed? Can this story be reassuring to people who wonder if they have "enough faith"?

Can you think of a modern instance when Christian faith played an important part in a person's recovery from illness or injury? Can you think of an instance where someone's faith seemed to begin with a recovery from illness or injury?

### **Blindness and Sight**

Read John 9:8-41. In this passage the neighbors, the man born blind, the parents, and the Jewish authorities show various reactions to the miracle of healing.

e story unfolds in several scenes. Using the chart bev, briefly identify who is involved in each scene and nat takes place.

Verse	People involved	What takes place
9:8-12		
9:13-17		
9:18-23		
9:24-34		
9:35-39		
9:40-41		

One theme which binds these separate scenes tother is how the former blind man comes to faith in sus. How does the man perceive Jesus in each of the lowing passages: 9:11, 9:17, 9:33, and 9:38? Note that ere was a similar progression in the faith of the Saaritan woman (4:9, 4:11, 4:15, 4:19, 4:29).

Throughout a lifetime, a Christian comes to know sus in different ways. How have your perceptions of sus changed throughout the years? If you are new to a Christian faith, what were your perceptions of Jesus fore you became a Christian? In what ways has your derstanding changed?

Throughout Chapter 9, the former blind man is ted difficult questions by other people. What role did s questioning play in the man's development of faith? s there been a time in your own life when someone ted you a question that helped you grow in faith?

The man born blind was not the only one whose perceptions gradually changed, according to John 9. How do the religious authorities perceive Jesus in the following passages: 9:16, 9:24, 9:28-29, 9:39-41? Compare the changes taking place in the religious leaders with the growing insight experienced by the former blind man.

John 9 both begins and ends with the issue of the connection between sin and blindness. Webster's *New Collegiate Dictionary* contains several definitions for the word *blind*, including literal meanings like "sightless" and figurative meanings like "unable or unwilling to discern or judge." How is the term *blind* used in 9:1-2? How is the term used in 9:39-41?

The words that the Revised Standard Version of the Bible translates as "sin" in 9:2-3 and "guilt" in 9:41 actually come from the same Greek root. At the beginning of the chapter Jesus made it clear that physical blindness is not punishment for sin. What is the connection between sin and the spiritual blindness mentioned in the final verses of the chapter?

### **Bearing Witness to the Light**

15 Read John 8:12-20. In this passage, Jesus announces that he is the "light of the world." Note that much of this passage uses legal language. What words or expressions in these verses would be appropriate in a courtroom?

John 8:12-20 involves a discussion about the Jewish legal principle that two witnesses are needed to substantiate a claim (Deuteronomy 19:15). How do Jesus'

ers use this principle against him (John 8:13)? How Jesus use the principle in his own defense (8:17-



Like Jesus, the man born blind had to testify in situations that resembled a courtroom. Although Jesus is the central figure in the gospel, for most of Chapter 9 he is absent, as you may have noted in the list of scenes you made in the section "Blindness and Sight" (page 23). The story of the man born blind is a moving example for Christians who are called to bear witness to their faith without Jesus being physically present.

Note that the blind man bore witness to Jesus in ent settings. Sometimes he was questioned by bors (9:8-12) and later by religious leaders (9:15-24, 9:26, 9:28). How would you describe the attiof these people toward the man born blind? (For ole, were they curious, hostile, suspicious, puz-

How does the man begin his testimony in 9:11, and 9:25? What additional kinds of information e provide in 9:27-33? How would you describe the tone or manner? For example, was he meek, feisty, s, or humorous?

In what kinds of situations have you spoken Jesus? Consider conversations with your family, s, church study group, church council or a discusith someone outside of the Christian faith. In what loes the blind man provide a useful example for ian witness today?

Note that the blind man's parents were very d in their responses to the Pharisees. They were of being "put out of the synagogue" (9:22). They

VOID STEEL

The parents of the man born blind were affected by the changes that were taking place in their son's life. They acknowledged that the healing had taken place, but they were noncommittal about what the healing meant. How do you view their handling of the situation?

22 Do you know of a contemporary situation in which one member of a family either became a Christian for the first time or experienced a marked renewal in faith? How did the change affect the other members of the household? If the person with the newfound faith asked you how to deal with the situation, what might you say? If another member of the household asked you the same question, how might you respond?

In Closing

Think about the needs for healing in your family, neigh hood, or congregation. This could include needs for phys spiritual, or emotional healing. Share these concerns group and resolve to pray about them during the week.

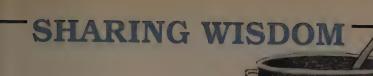
Worship

The hymn "Amazing Grace" (*Lutheran Book of Worship* draws some of its inspiration from the blind man's experie "one thing I know, that though I was blind, now I see" (J 9:25). Sing this hymn together.

Looking Ahead

To prepare for the next session, read the story of the rai of Lazarus in John 11:1-53. Think about the ways in w faith in Christ helps people who grieve. ■

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# RADITION OF ISDOM

a B. Krause

S A YOUTH GROWING UP in a misty, rain-dripped corner of Oregon, I helped my mother aunts and cousins prepare the ay meals for which our families larly gathered. Though I didn't eciate it at the time, it was in ompany of these women that I learned about the process deed in Sister Mary Benet Mcey's book Sharing Wisdom.

the preparation of these meals, ions were made about how the s would be set up, and when the oes should be put on to boil so hey wouldn't be done before the y. Consultations were held reng which bowl should be used hich dish, who will make the 1 and who will say grace.

ese decisions weren't made by

amentary proce, but usually by
me concerned putn her "two cents
" until a practical
emerged. Leaderind tasks weren't
ited as much as
were assumed on
sis of skill and age
xperience. In this
iss we shared
, comforted and
ited one another,
ited and learned by

doing. More or less on time, dinner arrived on the table.

McKinney's book put me in touch with my own experience of decision making. Through her book I became aware of a tradition of decision making and leadership that emerges profoundly out of the experience of women and out of our faith experience of the incarnate, risen Christ.

A marvelously humorous and earthy woman, McKinney is the prioress of a Roman Catholic Benedictine community and high school in Chicago. Her process for decision making begins with the understanding that "our God is the God of the Gathering." She explains that God is certainly found in Scripture, and in the sacraments, but, and this is a pivotal qualification, McKinney

I became aware of a tradition of decision making and leadership that emerges out of the experience of women and out of our faith experience of the incarnate, risen Christ.

3ER 1989 27

maintains that "we also find this God of ours within our very lives and within the lives of one another present in the gathering as we strive to be and to build the church."

McKinney concludes: "Through the presence of the Spirit in our lives and in the lives of one another, the Risen Lord calls, forms, challenges, affirms, speaks, listens, lives!"

McKinney simply and articulately addresses the powerful implications of the church taking seriously this "God of the Gathering." While she limits her specific applications of the model to the function and operation of church councils, the reader is easily able to see the many possible implications of this process for the development of congregational leadership, organization and life in community. Embodied in reading the book is the process itself: it awakens the individual and the gathering to the unique and many ways the Spirit of Wisdom is discerned and empowers the people of God to "be and build the church.

The shared wisdom model encourages us to take the time to uncover, for ourselves and collectively as the church, our own heritage of spirituality and giftedness. To discover our own unique experiences of God in

our lives and common experiences. To discern that out of the humble, steamy kitchens of our mothers and out of the tomb where Jesus was laid, emerges a kind of power. This power is the wisdom of God that empowers us to work, to lead, to serve, and to make decisions together—living out our faith

in joy and love. .

## LET'S SHARE WISDOM

Oscar H. Kraft

hurch groups, councils, a committees make decision all the time. For the material part, when the "big" decisions a being made, some form of parliametary procedure is used.

Unfortunately, parliamenta procedure, with its emphasis on ving, winners and losers, and minity/majority positions, can exact bate conflict within the group a inhibit the group's ability to maccommunity decisions.

Fortunately for God-center groups, Mary Benet McKinney off an alternative to parliamentary p cedure in her shared wisdom mod

This model of sharing wisd places people and decisions in t context of spirituality. In it peo

Fortunately for God-centered groups, Mary Benet McKinney offers an alternative to parliamentary procedure in her shared wisdom model.

heir experiences are red as a gift from God. e gifts and experiences reflected upon and ed with others, in the ess of shaping mission decision. Members of roup are seen as gifted as Spirit to enable and up the group.

ucial to this approach is piritual preparation of

e who participate in it. Members e group must be open to their lived experience and willing to a to the voice of God in others as Participants using this model we that through the process of any wisdom the will of God is reed, discerned, discovered.

cision making using the shared om model follows an ordered ression:

rst, all the facts and data needr the decision are gathered and ed to the group before the decimakers come together.

cond, the individuals, by thems, prayerfully reflect from their experience on the data and the ion to be made. This is the opnity and responsibility of each in to listen to God.

en, thirdly, the participants their wisdom and insights with mother, listening and valuing person's perceptions, insights visdom.

er sharing, one at a time, the listens and tests for consensus. person should see a hint of own wisdom, but no one person d see *only* his or her own wis-

Participants using this model believe that through the process of sharing wisdom the will of God is revealed, discerned, discovered.

dom in the decision. The group considers itself as a container for the wisdom of God in which the spirit of God is poured.

Groups most likely to be successful using a shared wisdom approach are: open to new ways of thinking and feeling; accepting of information and data collected by others; willing to let go of the need to control; free of the need always to be right; and able to risk the unfamiliar.

To facilitate a group's use of a shared wisdom approach, each group member needs to: understand the difference in personality types; learn process skills; engage in reflective prayer; take the time to gather wisdom; and accept the discerned decision of the group as the will of the Spirit.

Sharing Wisdom by Mary Benet McKinney, OSB (Tabor Publishing, 1987, \$7.95 plus shipping and handling) may be ordered through the Women of the ELCA 1989-90 catalog or through your nearest Augsburg Fortress location. Order number 40-449-8735.

# Global Sisterhood

Kathy J. Magnus



Rauna

We've prayed for my sister daily. Now by God's grace she is coming home.

My "sister" is coming home! What excitement there is in the family. Is there anything more eagerly planned than a family reunion? That's especially true because, as a family, we've come through some particularly difficult times.

We've prayed for my sister daily at the breakfast table, in church on Sunday mornings and each night before bed. Now by God's grace she is

coming home.

Rauna is four years younger than I. She was born in Okadiva, Namibia. In her late teens she began work as a nurse in the Englela Hospital. When she was 23 she became a member of the Southwest Africa Peoples' Organization (SWAPO), because it seemed to her the only road to freedom. In 1975, the year my son

Cory was born, she was arrested be the South African security police of the hospital and taken to the Ogond Detention Camp.

During her interrogation she wa asked if the hospital had been givin medicine and money to the freedon fighters. She told them no. They be her. Some used their hands, son the butts of their guns. When st complained that she was tired an needed to sit down, they took a rop tied her arms behind her and hur her against the roof for long perior of time. After eight days Rauna wa moved to the Ondongwa prison. The food she was forced to eat was it human. She was accused of hidin information.

She was taken to a small roo where there were many pictures her dead countrymen on the was her dead countrymen on the was she was told to search until a found the picture of our broth Usko. From there she was taken another room where there we snakes. She was told if she did tell the whole truth she would be ten by the snakes. She spent me than four hours in the snake room utter terror.

Her trial began in Swakopmu in February, six months after her rest and incarceration. Rauna vasked by the judge why she poined SWAPO. She explained the she must be involved in the libetion of her country. After being stenced to seven years' imprisonmer Rauna was taken to Kroonstad South Africa where she served sentence. She was released with explanation in March 1977. She

ed to the hospital and resumed nursing career.

tree years later she was arrested to by the South African military e. She was asked again about stance to the freedom fighters. was questioned about the activof her Lutheran pastor and contation. They tied her arms beher back and blindfolded her, electricity was attached to her ars. It was switched on and off, towing this she had electric tas inflicted with an instrument or head. Her torturers ridiculed God.

of October 17, 1980, she was takey truck to an unknown destination off the main road. She was put cell and covered with a blanket. In the night she removed the ket from her head. As punishing the blanket, she tied up and hung from her feet was warned that the blanket into be removed for six weeks. Here was no trial. She was taken wakopmund where she returned ursing under police surveillance.

On Christmas Eve 1980 she escaped to Angola. I have not heard from her except for reports that she arrived safely in Angola. Now I have received news that my sister can return home. Namibia is moving toward freedom.

Rauna Nambinga is my sister. I eagerly await news. Is she alive? Is she well? Has she married and borne children in the refugee camp? Rauna is my sister. Rauna is your sister. She is coming home! Let us begin the preparation for the celebration!

All of us are called on as sisters in the faith to remember with special prayers our global sisters. We are tied to women like Rauna as sisters through a deep faith and abiding hope. We are tied to these sisters because of our common bonds of being women. You and Rauna and I bake bread, rock babies, laugh and weep together, hold one another up, care for aging parents, keep dear the memories of times long past, earn wages, sweep floors, cry over our loved ones and look with hope to the future. You and I may never have the

manland, bia, mber 1984. cha are of the es where San men practice husbandry. their val as cattle ers is tened by lions lephants since wernment d their land game



privilege of actually looking in our sister Rauna's eyes. We may never be able to give her a hug of encouragement. But that does not diminish our sisterhood. We know of her story—and her faith. And we are, together, one in the spirit.

Take time today to pray for a peaceful settlement and joyous homecoming for these Namibian sisters of ours. Rauna will feel our arms about her. We will build each other up in love, for we are a sisterhood of faith. Our sister is coming home! Let us celebrate!

Gracious God, keep Rauna and all our Namibian sisters in your hand. Protect them as freedom slowly and painfully comes. Keep them safe from harm, give them courage and renewed hope. Help them to know of our love and concern. Draw us all close to you as you envelop us all in your mighty arms.



Namibian woman and orefugees in Kwanza Sul Can a project of SWA



Namibia, May 4, 1988. SWAPO supporters mark the 10th anniversary of the singa massacre. In 1978 the South African Defense Force attacked a refugee inside the Angolan border and killed 600 people and left 1000 injured.

Amen. ■

oth United Nations Security ouncil Resolution 435 and the greement on withdrawal of uban troops from Angola establish timetables for freedom and Namibia. Here are some key ates in this complex process, ejoice in prayer as freedom aches closer, remembering auna and all our sisters in Natibia. Consult news media for odates on these items.

ecember 22, 1988:

gning of peace treaties at the .N.

arch 31, 1989:

eginning of withdrawal of first 000 Cuban soldiers.

pril 1, 1989:

rival of U.N. Transition Asstance Group. Formal ceasee begins. [However, fighting curs between SWAPO and outh African troops.]

me 6, 1989:

nnesty proclamation and real of some discriminatory ws.

ine 12, 1989:

art of the refugees' return.

me 25, 1989:

ection campaign begins.

me 29, 1989:

theran bishops demand thdrawal of Koevoet (counter surgency unit), asking world's lp.

ly 3, 1989:

ter registration begins.

ly 20, 1989:

litical prisoners released by uth Africa.

vember 1, 1989:

ection for Constituent Assem-



Kathy Magnus has never met Rauna Nambinga, but she read about her in a 1982 *Dateline: Namibia* (see graphic on page 30, which shows Rauna as she appeared then.) Since then, Rauna has been, in a special sense, a part of Kathy's family. Rauna's and Kathy's stories show the potency of words on paper, and, even more, the potency of prayer.

The photos that appear with this article are from Namibia, which has been identified as an area of special concern for Women of the ELCA. LWT encourages its readers to follow Kathy Magnus's example, and pray for the country and people of Namibia. For a copy of the most recent issue of Dateline: Namibia, which offers helps for becoming involved in Namibian concerns, write the ELCA Distribution Service, 426 S. Fifth St., Box 1209, Minneapolis, MN 55440; or call 1-800-328-4648. The cost of Dateline: Namibia is 20 cents per copy, plus \$1.00 handling; postage extra.—ED.

BER 1989 33

#### REVIEWS



Wise Women Bearing Gifts: Joys and Struggles of Their Faith edited by Suzan D. Johnson (Judson Press, 1988, \$6.95).

Lhis book contains 14 profiles of women who played pioneering roles in the acceptance of women in lay and ordained ministry. The women profiled share a common determination to use their unique gifts for God's glory. Author Suzan D. Johnson notes "... I realized there was a distinct difference in being a female who expressed gifts for the ministry and one who was male who expressed the same desire." This collection explores that difference and celebrates the courage of faithful women determined to serve the Lord.

> Karen Midgarden Hoople, N.D.



#### LISTEN TO THE HUNGER

Listen to the Hunger: Why We Overeat by Elisabeth L. (Harper/Hazelden, 1988, \$6.95).

Elizabeth L. shares her personal struggle with food (and eventual alcohol) abuse. She understands that food is often consumed as a substitute for other hungers—such as hunger for support and nurturing. Food

and alcohol, she discovers, only set to temporarily pacify and ma symptoms of need.

This book, only 85 pages long, i good resource for gaining und standing of the driving forces behi overeating, both in ourselves and those we love.

Gwen M. doVale Lorena, Texas

### SAFE IN JESUS' ARMS



Safe in Jesus' Arms by A Saeveraas; translated by Harry Cleven (Augsburg, 1988, \$5.95).

Born in Ethiopia, little Selanesh is born to a life full of strug Selamnesh's future seems hopel when disease wipes out her villabut God has plans for her. Ghaunt, filled with the joy of the F Spirit, comes to raise Selamnesh her sister. The girls learn about and about abundant love. Thro the power of the Holy Spirit the lof Selamnesh and those around are changed.

Through the sensitive tellin this true story, we feel a kinship a Christian sister in Ethiopia.

> Corinne Gibson Albuquerque, New Mex

#### **SHORTAKES**

SONIA C. GROENEWOLD

**Brief Prayers on News Items** 

### umenical group ds 'meeting point' abortion stance

ers of Church Women United by an overwhelming majority port a resolution opposing the inalization of abortion." The acexpressed the ecumenical 's "longtime commitment to the vement of justice for women," its president, Claire Randall. nizing its diversity, the group policy which does not permit a ive stance on abortion. Ranaid the resolution did not alter In addition to opposing ats to criminalize abortion, the tion promises that the group romote awareness and educamong its members. It will work he various communions on the implications and ethical ramons of the criminalization of

ord, abortion raises so many ons in us all. Be with us as we le with the issue. Especially be hose who personally are faced be decision.

# ELCA looks at domestic violence

The ELCA Commission for Women is confronting the issue of family violence and educating the church on the subject. A brochure, part of the Leaflet Ministry series, is available from Augsburg Fortress. "Facts about Domestic Violence" (23-9570) defines and lists the signs of abuse as well as advises on intervention strategies and help for the abused and the abuser.

Remind us, O loving Lord, that abuse is not your intention for our lives and that you treasure us all.

### ELCA member designs Vietnam women's memorial

A Vietnam veteran, Diane Carlson Evans from Northfield, Minnesota, helped create a statue representing female Vietnam veterans. Pending final approval this year, it will be placed alongside the statue of infantrymen and the wall at the Vietnam Memorial in Washington, D.C.

Bring healing, Lord, to all those who experienced the horrors of war.

Read your daily newspaper and build a prayer list to be revised as needs change.

Sonia C. Groenewold is news editor of The Lutheran.

# OSTEOPOROSIS: MORE THAN JUST CALCIUM

Despite the many articles about osteoporosis, most people are still "bone dumb." And our lack of know edge about this hazardous bone-thinning disease makes us even more susceptible to it.

Experts estimate that almost 20 million of us have some form of osteoporosis and one million of us will break bones weakened because of the condition each year.

Osteoporosis occurs when the dominant mineral in bone, calcium, is removed at a faster rate than it is replaced. Our bodies need calcium not only for the bones of the back and hip but for teeth, gums, muscles and hundreds of metabolic and cellular functions.

Though osteoporosis affects both women and men, it is eight times more common in females than males. Women's smaller body size means there is less calcium mass to begin with. Pregnancy and breastfeeding also take a toll. (A pregnant woman's skeleton is, in a sense, "raided" to make the skeleton of the unborn baby). Menopause, either natural or surgical, poses an increased risk. And women are at increased risk because they have a longer life span.

There are several other factors

that cause thin bones for to woman. First, women today so more and drink more alcohol ever before. Both habits increas cium loss. Second, they also commore carbonated drinks which rich in phosphates that bind cal in the digestive system. Also, popular weight-reducing dietatypically low in calcium.

Another diet issue is our reconsumption of Omega-3, and tial fatty acid (EFA), found in fish oils. EFA is a critical part walls surrounding each cell is body. When the diet is deficite EFA—as most are in the I States—the cell wall "leaks" cal

Others at risk include those 1) belong to fair-skinned races can Americans and Native A cans have a denser bone strue 2) follow a strict vegetarian deare very thin or small-boned; not get enough vitamin D in diet or do not receive 10-20 m of sun exposure daily; and 5) a entary.

# ow can we reduce the risk? Like many other things God's world, it requires balance:

#### DHOLL

ake sure your diet provides enough cium. Try to get at least 600 milrams a day. This will require four vings of dairy products or noniry equivalents, as described bev. (Note: if you are pregnant or rsing a baby, you will need twice amount of dietary calcium.)

IRY:

ounces of low-fat yogurt, % milk or cottage cheese.

#### NDAIRY:

ounces of canned fish with bones salmon, sardines),

cup of dried beans (red or kidney eans, white or fava beans or chick eas).

a cup of nuts (almonds and filberts re highest in calcium, walnuts nd pecans are fair, peanuts do not ount),

's cup of seeds (pumpkin seeds are est, sunflower are fair).

#### CALCIUM SUPPLEMENT

e a calcium supplement as insure. Calcium carbonate is the most umon, but calcium citrate is the st soluble. Take 400-600 millims each day. The best time to calcium is at bedtime. Blood caln levels fall overnight, so you not help your bones by taking it just re sleep, but as a bonus you may p better and have fewer leg nps.

## 3 VITAMINS

Take a multivitamin/mineral tablet or capsule to provide the vitamin B<sub>6</sub>, K, folic acid, manganese, copper and other nutrients that may also play a role in preventing osteoporosis.

### 4 EXERCISE

Get vigorous exercise at least three times per week.

### 5 ALCOHOL—TOBACCO

Abstain from, or be moderate in the use of, tobacco and alcohol.

### 6 OTHER MEDICATIONS

Be careful if using aluminum-containing antacids, drugs containing cortisone, and diuretics (used in treatment of high blood pressure and heart problems), because they can deplete minerals such as calcium.

When you read about King Solomon and the building of the Temple, or watch a modern-day church being built, take a moment to think about the mortar between the bricks.

The strength of the slacked-lime mortar used by ancient builders as well as the Portland Cement mortar used by bricklayers today comes from calcium. Calcium is key to our bodies as well. Our bodies, our "temple of the Holy Spirit" (1 Corinthians 6:19), need good mortar throughout.



OBER 1989 37

# Anna Sarah Kugler L. DeAne Lagerquist

"I labor here because of Christ's command."



Dr. Kugler is shown above with her assistant, Dr. Ida Scudder, and the people in India.

Anna Sarah Kugler was the first American Lutheran woman to serve as a medical missionary in India. She combined faith, skill, persistence, ingenuity and sensitivity in her nearly 50 years of service to the gospel.

Anna Sarah Kugler was born in Ardmore, Pennsylvania, a few years before the Civil War, to a family who valued education and service. Her father, Charles, served on the school board, the Lutheran Publication Society, and in the state legislature. Her mother, Harriet, taught their six children Bible stories and hymns.

It was in Sunday school that Anna first heard God's command to carry the gospel to others, after a Baptist missionary on furlough described Christian work in India. Soon after, the young Lutheran girl directed her life toward going to India herself. To prepare herself she enrolled in the Women's Medical College of Per sylvania and was graduated w honors.

A missionary from South In urged Kugler to apply at Gun Mission, the first such effort to her medical skills among the won there, but no Lutheran women ever gone out as a physician before So the Women's Missionary Soc. agreed to send Dr. Kugler as a tea er instead.

In 1883 she arrived at the Gur Mission to take up her work: cially as a teacher, and unofficial as a doctor. She got her medical plies thanks to the contribution Quaker supporter. Two years 1 the Lutheran Women's Mission

vention appointed Kugler a medmissionary and provided funds ent a dispensary and purchase

icines.

Lent, 1892, after a discouraging s, she wrote about why she coned her work: "I may have been anger of working for the gratic of the people. That danger at t is past. I labor here because of ist's command, a command aght vividly to mind as we are more passing through the closseenes of His earthly life."

or nearly five decades Anna Kucombined educational and medwork. She emphasized the imance of each activity and noted spiritual and physical minisreinforce one another. Being ed in to treat a sick woman somees opened a door for a girl to be to school, where she would hear at Christ.

ate in her career Dr. Kugler te, "There are those who say that physician cannot be a good misary. We do not agree with them, we have known too many good ical missionaries. And no one better opportunities of speaking hrist than the surgeon . . . or the sician who has by skilled attenbeen instrumental in giving the life of a loved child. But it ry essential that there be a wellnized corps of helpers in the e of Bible Women, and these we r work are fortunate in having." ke many during this vigorous ion era, Kugler wrote letters t her work, urging her readers ealize the true spirit of Chrisity." Church periodicals pubd these to inform church memabout the ministries they orted and to encourage continorayers and financial support. In vritings, and during her visits to

the United States, Kugler highlighted three types of activity: work with secluded Hindu women; schools for Hindu, Muslim and Christian girls; and medical work.

Several others helped Dr. Kugler in these ministries. By the late 1890s an American nurse and second doctor shared the work in a newly completed hospital. Additional workers came from the Indian Christian community.

Graduates of the Christian girls' school were Bible women and teachers in villages. Kugler cooperated with Dr. Ida Scudder in founding the women's medical school in Vellore.

Throughout her years in India Dr. Anna Kugler was respectful of Indian customs, but not uncritical. Because ignoring practices related to caste would keep patients away, her

hospital observed the rules.

She explained: "Our object is not so much ourselves to break down the evil customs which will be built up again as soon as the patient leaves us, as to lead them so far into the light that they, seeing the evil or foolishness of them, are willing to forsake them." While Kugler had learned early that human gratitude was not always a reliable measure of her work, nonetheless she won the high regard of Indians and British alike.

After her death in India in 1930, the hospital Anna Kugler founded was named in memory of her faithful ministry. As the story told by a unnamed missionary spoke God's call to Anna, Kugler's story urges us to serve faithfully in the work to which God calls us.

DeAne Lagerquist is an assistant professor of religion at St. Olaf College, Northfield, Minnesota.

# waiting under the tree



### Monika Lidman

The year was 1938. Europe was in turmoil. The young schoolteacher's first assignment had placed her far from her hometown, where she left behind refined, well-dressed folks who spoke proper Swedish. She had serious misgivings about her teaching mission in this tiny Nordic town, with its strange dialect, harsh climate and health perils.

She thought of her students and wondered plete their education. The children of farmers, fishermen and loggers, many of her students would be called back to the land, sea, and forest, for the survival of their families. Some would fall prey to tuberculosis, which still claimed high numbers in the northern latitudes. She could not help questioning her impact on their lives. What was she doing here with her looms and paintbrushes?

At the end of each school day, the teacher mounted her bicycle and headed through

The girl gave the tea er a smile and a w with each passing.

The teacher beca curious. One day, eased her cycle off wet path and spi with the round-fa child. The girl curts and with all of the c age an eleven-year could muster, aske join the teacher's class.

The teacher k that the girl was fre household infec with tuberculosis. self, that spelled ar certain future for girl's educational pects. It seemed

t to direct the girl's ention toward more actical, domestic rese. Not wanting to the child's feels, the schoolteacher her that the class full. She wished child "good day" pedaled off.

he waif-like, wided girl continued, vever, to wait under tree. She was there next day, and for ny days to follow. It difficult for the cher to pass and her eyes from the ngster's soft smile slow wave.

inally, the teacher d no longer bear to s the child. She acwledged the child's sistence and invited to join the class. girl could not connect the eyes danced, she gave a happy ek before running neward.

appy days foled. The teacher ched the girl thrive the magical classn filled with sunt, master's prints, ls of flowers, and s of brightly colored The girl produced work, showed aric discipline and nise, and became teacher's pride. For girl, the class was a ctuary, a respite n the sadness at home.

The following spring, the girl's mother died from tuberculosis. The teacher's star pupil withdrew from school at age 12 to finish the job of rearing her four siblings.

To mask her concern for the child's future and the pain in parting, the teacher gave the girl a hug and a sachet. Neither the teacher or the child would ever forget their meeting, their time together, or their good-bye.

The seeds planted in 1938 blossomed much later. The girl grew to be the beauty of the land. She met and fell in love with a young American. In America, she married and bore three girls.

She offered her daughters a home which stimulated artistic expression and appreciation as it emphasized the importance of education. She encouraged her children to reach for their dreams. She taught them that perseverance is everything. She told her story of waiting under the tree, a story her daughters would not forget.

I wonder how my life would have been, had that patient young girl lacked such a determined spirit. Had that hopeful youngster not waited under the tree. I may not have known brilliant colors, a college education, or Vivaldi. Lucky me. The girl under the tree was my mother.



Monika Lidman is a photographer, artist, and writer living in Boulder, Colorado, where she attends graduate school. She is a single parent with two children. In 1988 she was a recipient of a Piero-Wade-Wade scholarship sponsored by Women of the ELCA. "The Women of the ELCA scholarship gave me a boost toward the finish line," writes Lidman. "I offer this story as a thank-you to all of the Women of the ELCA." For Women of the ELCA scholarship and grant information, see pages 42-43.

OBER 1989 41

# **ANNOUNCING**

# Scholarship Programs

Generosity. A commitment to helping women realize their potential. Dedication to mission. People ministering to people. Stepping stones. The makings of a scholarship pro-

gram.

One Women of the ELCA scholarship recipient writes: "At times since my husband's disability I have had some big struggles to deal with and to overcome; however, I never lost my faith, and the church has always been there for me in those times of struggle. I shall always be grateful to the Women of the Evangelical Lutheran Church in America for their belief in me in giving me this scholarship. It is another example of how Christ has touched my life. . . ."

#### Scholarships for "mature women"

Women of the ELCA scholarships are awarded to mature ELCA lay-women—"mature" meaning those who are returning for vocational or academic degrees after being out of school for at least four years. Recipients may not be current high school students, or women presently in col-

lege who have not had a minim four-year interruption in educat between high school and college limited number of scholarships available for undergraduate or gr uate work, as well as for vocatio training. Women of color are enco aged to apply.

Women of the ELCA scholarsh are awarded on an annual ba Scholarship funds come from the terest monies generated from wills and bequests of women of mitted to helping other women

alize their potential.

**Application dates** 

Applications for scholarships only be received in the Women of ELCA churchwide office betw October 15, 1989, and February 1990. Applicants must return the quired forms by February 15, 1 to be considered for a scholarship secure an application and criteria formation, write:

Scholarships
Women of the ELCA
8765 West Higgins Road
Chicago, Illinois 60631-4189.

Generosity, a commitment to helping women realize the potential and dedication to mission are the makings of scholarship program.

# **ANNOUNCING**

# Brograms

ry year Women of the ELCA give its of money to projects that ence the development of human reces, especially among women, in United States and globally. Monto support this program come the Fund for the Development Iuman Resources. Human reces can be strengthened by ting spiritual, social, emotional, ational and/or physical needs of ons.

ild my organization
lifv?

The money available from the I for the Development of Human urces is to be used to supplet available resources and assist iduals or groups for whom use e grant will have an expanding ultiplier effect.

Grants will not be given to rets for rental or purchase of land buildings.

The plan for the program or projhould be one in which there is tation with the Evangelical Lum Church in America and/or

Women of the ELCA. Priority shall be given to those iduals or organizations which

the poorest of the poor.

Projects should involve women, only as clients, but also in the

planning, decision making, implementation, and evaluation of the project.

★ Projects should meet needs in the community that are not currently met by other agencies or services in the area.

**Evaluating Applications** 

In reviewing the applications, women of the ELCA will place high value on those projects that: have the least access to other funding sources; contribute to self-determination and empowerment, rather than dependency; demonstrate creativity and fiscal responsibility; and recognize the interrelationship between the economic and spiritual needs of communities.

**Application deadline** 

Applications for grants must be submitted to Women of the ELCA between December 1, 1989 and February 1, 1990. Except in the case of emergency situations, recipients of grants will be chosen by April 15, 1990 and receive funding in May 1990. For a grants application and/or further information write:

Women of the ELCA Grants Program 8765 West Higgins Road Chicago, Illinois 60631-4189. NOMEN OF THE ELCA

# **MISSION:**

# Growth

# Leadership and Women of the ELCA

Many women have gained leadership skills through their roles in the women's organization. Now, as in the past, women mentor each other with more experienced leaders helping new leaders assume tasks and

responsibilities.

Leadership in Women of the ELCA is also encouraged through churchwide resources. A variety of helpful program materials and information comes to women through leadership mailings, the Women of the ELCA newsletter, the three annual resource packets, and through Lutheran Woman Today.

An important leadership resource, "Helps for Congregational Leaders," is a series that covers a variety of subjects, from how to plan and run a meeting to how to form support groups for sharing and caring. The "Helps" series is sampled in the Women of the ELCA resource packets, and is also available for purchase from Augsburg Fortress. The Women of the ELCA resource catalog lists these and other publications, including those on how to lead small Bible study groups.

Leadership development is an im-

portant part of synodical and churwide conventions and gatherings. 1990, for instance, there will be learnership training available for wom of color and younger women at Multicultural Leader event just proto the 1990 Women of the EL triennial convention in Anaheim.

Conference and cluster leaders trained both in general and spec leadership skills by the synodical ganization leaders. Synodical leaders receive training through chur wide staff regional gatherings a board skill training events. Conggational leaders benefit from synical and cluster/conference lead ship training experiences.

If you have been hesitant to sume a leadership position with Women of the ELCA, be assured to God is with you, and remind your that "I can do all things through the control of the contro

-Marilyn Ek

"I can do all things through Christ who strengthens me

# **MISSION:**

# Community

# Families 2000

ilies come in all shapes and sizith diverse gifts and problems. sing issues, day care, everyday g expenses, health care, educaenvironmental crises, and gother concerns cause stress for g's families.

response comes "Families" a project sponsored by the Nal Council of Churches of Christ. roject's purpose is to set forth a netic vision of families, and mins with families.

th denomination or agency in ICCC (including the Evangeliutheran Church in America and en of the ELCA) will be planstrategies for the 21st century, nating in an ecumenical North ican event to be held in Chicavil 9-14, 1991. The hope is that roject will not end with this, but that it will continue to as participants take back to groups new directions for famucation, for advocacy and for al support.

1991 event will bring together s, program staff, decision makeducation and family minist all levels in the church—contional, regional, and hwide. Participants will examine the situation of today's family and how churches and agencies minister with families. They will be reclaiming a biblical perspective that calls us to challenge and change our assumptions about families.

Families 2000 will also enable participants to seek new visions for justice in economics, sexuality, spirituality, and those aspects of life that fundamentally affect families.

If you would like to become involved in Families 2000, here are some steps to take in your congregation:

- 1) Identify key leaders in family-life ministries and encourage them to get involved in Families 2000.
- 2) Bring people together in a minievent to share their concerns about families and the future.
- 3) Sponsor a leader in your congregation or local area to attend the Families 2000 event in 1991.

For more information on Families 2000, contact: Sherry Harbaugh, ELCA Division for Congregational Life, at 1-312-380-2564.

# **MISSION:**

# action

# Women and Peace with Justice Week

What's happening in your congregation during Peace with Justice Week, October 16-24, 1989? It's not too late to get involved! This year's theme, "In God We Trust: The Other Side of the Coin," asks us to examine some important issues. Although we may touch these words every day when handling change, do we ever stop to consider the weight of such words? What does "In God We Trust" really mean to us?

As a nation, does the United States place more trust in notions of economic and national security than in God? The week offers us a chance to educate ourselves, to share what we know, and to affirm our commitment to a global vision of justice, peace, and the integrity of creation.

Peace with Justice Week spans several important celebrations that can offer focus or emphasis for planning. World Food Day, October 16, is an international day to focus on hunger. The Peace Sabbath (October 22-23) examines security and justice in terms of Shalom. And on October 24, World Disarmament Day is celebrated as a time to consider our national security options.

Over the past seven years, participation in Peace with Justice Week activities has grown tremendously. With more than 40 national religious organizations participating, Peace

with Justice Week serves to unite people of faith in a common ques

Women of the ELCA is one many religious organizations to s port and participate in Peace w Justice Week. At least two Women the ELCA participants, Dana I Connell and Myrtle Rose, attended planning session for this year's orbitation.

Last year in Columbia, Misson Dana McConnell and other memb of the Interfaith Peace Allian worked together on a weeklong ries of events, including the forth proclamation of Peace with Just Week by the Columbia mayor! We can your group, congregation or comunity do?

Information on Peace with Just Week went to every congregation the May 1989 Women of the EL resource packet. Since this is only Peace with Justice Week in mation that went to every EL congregation, women have the sponsibility for taking the lead in couraging and developing obseances in their congregations.

If you'd like more information planning activities, call the Pe with Justice Week office in New You'd at (212) 682-3984.

-Jennifer We

#### MEDITATION

e following discussion of Matthew 5:1-12 is taken from *The Gospel in Art by the sants of Solentiname*. See page 16 for a related story. This commentary on the pel by Nicaraguan peasants is illustrated by Marina Silva (a *campesino* in Solenme), a part of which is reproduced on the front cover of this magazine.—Ed.]

# he Beatitudes

nesto: "In the Bible the poor are often called anam, which in Hebrew means 'The poor of Yahweh." by are so called because they are the poor of the eration of Yahweh, those that God is going to liberation by means of the Messiah. It's like what we now derstand as the 'oppressed,' but in the Bible those or people are also considered to be good people, norable, kindly and holy, while their opposites are oppressors, the rich, the proud, the impious."

via: "The poor in spirit or the poor in God are the or, but provided they have the spirit of the opessed and not of the oppressors, provided they have the mentality of the rich."

**Tomas:** "Because we poor people can also have de, like the rich."

igandro: "What we see here is that there are two ngs. One is the kingdom of God, which is the kingn of love, of equality, where we must all be like thers and sisters; and the other thing is the system have, which isn't brand new, it's centuries old, the tem of rich and poor, where business is business."

OBER 1989 4

Angel: "That's why it seems to me that we have to interpret carefully. If we just stick to the fact that we're poor and God has said that the kingdom of God is for the poor, then we'd end up saying that, well, because we're poor we already have the kingdom of God and we can do anything."

Ernesto: "I've just had a visit from a young fellow from the north, from Estelí, from a poor town. He is a campesino—like yourselves—and he was saying that there to get together for their Masses, first they have to ask permission from the police, and the police captain said that those gatherings were dangerous. The captain is right, for they gather there to talk about the Gospels. Those Christians of the earliest Jewish community, who had taken the name anawim before they were called Christians, were so called not only because they were poor but also because they were persecuted. Because 'poor of Yahweh' (or 'poor in spirit' in these Beatitudes) is the same as saying persecuted."

**Tono:** "That didn't use to happen here because the Masses were in Latin. The priest read these things but he read them in Latin, and he didn't explain them to the people. So the Gospels didn't bother the rich or the military." ■

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# MPANIONS ON OUR JOURNEY: Idies of Biblical

itional resources available for 1990 Bible study which will appear in Lutheran Woman Today—NEW! NEW! A 60-minute audio-ette, prepared by the Companion Your Journey writers, that is vignettes in which biblical acters, as well as contemporary stians, come to life and talk it real faith issues. This is an opal resource designed to enrich enliven the study. Use it to foster assion and an awareness of bibthemes in people's lives. Price: 3. Code 2-9090. Order one per

eader Guide: (order one per er). Price \$2.85. Code 2-9026. ains clear guidance for leading 1990 Women of the ELCA Bible

regation, or as interested.

desource Book: (order one per cipant, or as desired). Price

Card exp. date \_\_\_

\$3.50. Code 2-9025. A somewhat new slant in resource books, this one contains interesting readings, poetry, and excerpts of items that will enrich and enhance your study of *Companions on Your Journey*. The resource book is also available, for \$6.00, on audiotape for those with visual or other difficulties. Contact ELCA Braille and Tape Service (see toll-free phone number below).

**Note:** Each complete issue of LWT is available in braille and on tape (not to be confused with the audiotape described above) for those with visual or other disabilities. Call 1-800-328-4648. for more information on this braille and tape service.

### IN THE NEXT ISSUE...

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- Puppet evangelism
- The ABCs of Peacemaking
- Bible study: the gospel of John

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Signature .



# Decision Making

Structures and processes shat foster mutuality and interdependence and shall involve people in making decisions that affect them.

Leadership

Leaders in this community shall practice interdependent and teamwork and strive to enable others to carry out their responsibilities. They shall provide a leadership which supports and empowe others within the communit They shall recognize their accountability to the triune God, to the ELCA, to Wom of the ELCA, and to others with whom they serve.

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